Po Leung Kuk Mrs Chao King Lin Kindergarten 2022-2023 November Menu

7 Mon muffin Chicken with onion and rice butter 8 Tue Salty plain bun Tomato porkchop rice Cornflakes 9 Wed Swiss roll Spaghetti Bolognese with pesto (pork) Oat milk 10 Thur Sesame bun Chicken a la king rice String beans s macaroni 11 Fri Pandan swiss roll Chicken potato rice Whole-wheat 12 Sat / // // 13 Sun // // // 14 Mon Raisin muffin Minced meat with string beans and rice Steamed bun string beans s macaroni 15 Tue Butter bun Steamed chicken with mushroom and brown rice String beans s macaroni 16 Wed Blueberry jam cake Cucumber, black fungus, fried meat with brown rice Cornflakes 17 Thur Salty plain bun Corn fish with Tofu and Fusilli Steamed co butter 18 Fri Plain cake Brown rice with pumpkin and steamed meat Oat milk 19 Sat / / / 20 Sun /	for
2 Wed Pandan swiss roll Pork in cheese sauce with rice Hard-boiled et 3 Thur Whole-wheat bun Sliced meat with corn and macaroni (pork) Steamed bun 4 Fri Blueberry jam cake Wild mushrooms, fried chicken with on and macaroni (pork) Oat milk 5 Sat // Oat milk Oat milk 6 Sun // // 7 Mon Miniature wheat muffin Chicken with onion and rice Steamed con butter 8 Tue Satis ville Spaghetti Bolognese with pesto (pork) Oat milk 10 Thur Sesame bun Chicken a la king rice String beans s macaroni smacaroni smacaro	/ Class
3 Thur Whole-wheat bun (pork) Sliced meat with corn and macaroni (pork) Steamed bun briterice 4 Fri Blueberry jam cake Wild mushrooms, fried chicken with white rice Oat milk 5 Sat // Oat milk 7 Mon Miniature wheat muffin Chicken with onion and rice Steamed cord butter 8 Tue Salty plain bun Tomato porkchop rice Cornflakes 9 Wed Swiss roll Spaghetti Bolognese with pesto (pork) Oat milk 10 Thur Sesame bun Chicken a la king rice Minage and macaroni 11 Fri Pandan swiss roll Chicken potato rice Whole-wheat 12 Sat ////////////////////////////////////	
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